

# 17 Things You Can Do to Youth Prepare for Adulthood

- 1 Create a vision.** Take a moment to help youth visualize what they want their life to look like in the future. Help them create a vision board to put their vision on a poster board. Help them dream big!
- 2 Help identify solid a support system.** Whether it's reestablishing connections with their biological families and/or identifying at least two adult supportive adults that will stay connected with them beyond their 18<sup>th</sup> birthday.
- 3 Teach Them New Skills .** Assess their life skills to find out what they know how to do or need to learn how to do. You'd be amazed at what skills youth don't have.
- 4 Help them create a plan.** Once the youth has created the vision, identified their support system and assessed their life skills help them create a plan. Make sure the plan has SMART goals.
- 5 Get a High School Diploma or GED.** Work with youth to get their high school diploma or GED. Education is key.
- 6 Plan for college.** Make sure they explore a higher education plan that includes grants and federal funds as well as the types of post secondary colleges and programs there are interested in.
- 7 Teach them to cook.** Help youth shop and make a basic meal plan for when they are in their own place. Teach them how to cook at least three nutritious meals.
- 8 Teach them time management.** Make sure they know how to manage their time and they know how to get places on time. Buy them an alarm clock and teach them how to use it. Show them how to set important and recurring appointments in their smart phones.
- 9 Assess transportation needs.** If youth live in an area that has public transportation make sure they know how to use the transportation system to get around town. If youth are working and have drivers license help them develop a saving plan to purchase a used car.
- 10 Help them get work ready.** Help them develop a resume. Provide them work skills such as interviewing, and office skills. Encourage them to get a job.
- 11 Open a bank account.** Have youth open a checking and savings account. This helps youth manage their money and they can set up direct deposit for their paycheck once they begin working.
- 12 Save Money.** Once the youth have a bank account and a job encourage them to set a savings goal and help them save.
- 13 Get important documents.** Make sure youth know how to access their birth certificate and social security card. If they are aging out of the foster care system, also provide them with a copy of their foster care court documents they may need to provide proof for post secondary financial aid.
- 14 Get up to date on their Medical & Dental exams.** Make sure they are current on their medical and dental exams. Also make sure they know how to access medical coverage and have a primary physician.
- 15 Get a Photo ID or Drivers License.** Making sure youth have a photo ID and if possible make sure they get a Driver's permit or a Drivers license.
- 16 Look for an apartment.** Help them find a safe and affordable place to live. Help them budget what they can afford.
- 17 Help them understand their rights as a renter.** Help them understand a lease or rental agreement and go over tenant and landlord rights and responsibilities.

